

# GROUP-X SCHEDULE Summer 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:00 a.m. Spin Studio B   BJ		6:00-7:00 a.m. Spin Studio B   BJ		6:00-7:00 a.m. Spin Studio B   Patrick
	7:00-8:00 a.m. Spin Studio B   Tresa		7:00-8:00 a.m. Spin Studio B   Tresa	
<b>NEW!</b> 7:30-8:30 a.m. Total Body Reset Studio A   Amanda	7:30-8:30 a.m. Basic Interval Studio A   Claire	<b>NEW!</b> 7:30-8:30 a.m. L.I.I.T. Studio A   Tal	7:30-8:30 a.m. Basic Interval Studio A   Claire	7:30-8:30 a.m. Basic Interval Studio A   Tal
8:00-9:00 a.m. Balance & Stability Studio B -Tresa				
9:00-10:00 a.m. Silver Fox Studio A -Tresa	9:00-10:00 a.m. GentleYoga Studio A / Ale Water Aerobics Pool / Karalee	9:00-10:00 a.m. Silver Fox Studio A - Ale	9:00-10:00 a.m. GentleYoga Studio A / Ale Water Aerobics Pool / Amanda	9:00-10:00 a.m. Total Body Conditioning Studio A   Gail S.
10:15-11:15 a.m. Water Aerobics Pool   Tal		10:15-11:15 a.m. Water Aerobics Pool   Lisa		10:15-11:15 a.m. Pool Groove Pool   Gail S.
10:30-11:30 a.m. Chair Aerobics Studio A   Ale	10:30-11:30 a.m. Chair Aerobics Studio A   Karalee		10:30-11:30 a.m. Chair Aerobics Studio A   Karalee	
12:00-1:00 p.m. ChairYoga Studio A / Lisa Spin Studio B / Tal	12:00-1:00 p.m. Fusion Cycle Studio B   Claire	12:00-1:00 p.m. GentleYoga Studio A / Lisa Spin Studio B / Patrick	12:00-12:45 p.m. Barre Studio A / Lisa 12:00-1:00 p.m. Spin Studio B / Patrick	
	1:00-2:00 p.m. Pool Groove Pool   Lisa		1:00-2:00 p.m. Pool Groove Pool   Karalee	
	5:00-6:00 p.m. Cardio Kickboxing Studio A   Gabby			<b>SUNDAY</b>
5:30-6:30 p.m. Step & Sculpt Studio A   Jess		5:30-6:30 p.m. BodyWorks Studio A   Sylvia	5:30-6:00 p.m. Zumba® Studio A   Gabby	5:00-6:00 p.m. Mat Pilates Studio A   Gail
	6:00-7:00 p.m. B.A.A.T.s Studio A   Gail N.	6:00-7:00 p.m. Spin Studio B   BJ	6:00-7:00 p.m. Barre Studio A   Claire	6:00-7:00 p.m. Bolly X Studio A   Anita
6:30-7:30 p.m. Fit-Core Studio A   Jen		6:30-7:30 p.m. Mat Pilates Studio A   Gail N.		
	7:00-8:00 p.m. Zumba® Studio A   Megan		7:00-8:00 p.m. STRONG by Zumba® Studio A   Megan	7:00-8:00 p.m. Cardio Kickboxing Studio A   Melissa
7:30-8:30 p.m. Deep Stretch (Yin) Yoga   Studio A   Ale		7:30-8:30 p.m. Deep Stretch Yoga Studio A   Gail N.		
	8:00-9:00 p.m. Vinyasa Flow Studio A   Ale		8:00-9:00 p.m. Vinyasa Flow Studio A   Ale	

(all class times/days/formats are subject to change)